

he regularly visits detainees at McHenry County Jail. He is also a board member of Solidarity Bridge, whose mission is to heal and empower poor people living in Bolivia through providing critical medical care and support for Fair Trade cooperatives.

On behalf of myself, our community, and a grateful nation, I want to say thank you, Father Oldershaw, for all you have done and continue to do for us.

#### THE INTRODUCTION OF THE LIFELONG IMPROVEMENTS IN FOOD AND EXERCISE ACT (LIFE)

### HON. ELEANOR HOLMES NORTON

OF THE DISTRICT OF COLUMBIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2012*

Ms. NORTON. Mr. Speaker, now that the cherry blossoms have signaled that spring has come, I introduce the Lifelong Improvements in Food and Exercise Act (LIFE), authorizing a national initiative to attack a major health problem in the United States that cannot be remedied through the health care system alone. Growing problems of overweight and obesity are now found in Americans of every age, race, and major demographic group, and threatens the health of Americans like no other single disease or condition does. In fact, the key to eliminating many of the most serious health conditions is reducing overweight and obesity, not even the much need Affordable Care Act. The LIFE bill would provide \$25 million in funding to the Centers for Disease Control and Prevention (CDC) for a coordinated national effort to reverse increasingly sedentary lifestyles and diets that are high in fat and sugar.

Despite rising consciousness of this epidemic, from NBC's 'The Biggest Loser' to a steady stream of diet books, startling rates of obesity among adults and children continue in the United States. In 2007, estimates from the CDC National Center for Health Statistics showed that the percentage of children who are overweight has more than doubled, and among adolescents, the rates have tripled since 1980. Today, 13 million overweight children have an 80 percent chance of being overweight adults, with the health conditions that follow, such as high blood pressure, heart disease, and cancer. The CDC reports that Type 2 diabetes, considered an adult disease, is now widespread in children. The healthcare system and the insurance premium of average Americans are paying the price for this generation. The consequences for kids will follow them throughout their lives if we do not act quickly and decisively. If we are serious about healthcare, we must start where the most serious health conditions begin: in the epidemic of overweight and obesity.

The LIFE bill seeks to provide the first national strategy by directing the CDC to pursue obesity and sedentary lifestyles in three ways: train health professionals to recognize the signs of obesity early and educate people concerning healthy lifestyles, such as proper nutrition and regular exercise; conduct education campaigns to teach the public about how to recognize and address overweight and obesity; and develop intervention strategies to be used in everyday life at worksites and in community settings. This legislation is the min-

imum necessary to address our most important healthcare crisis. Already, chronic diseases, many of which are caused or exacerbated by overweight or obesity, account for 70 percent of all deaths in the U.S., and 60 percent of U.S. medical care expenses annually. According to the Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, the cost of obesity in the United States was more than \$117 billion in 2000. The CDC highlights a study that estimates the annual cost to be \$147 billion. Currently, it is estimated that between 300,000 and 400,000 deaths per year are related to obesity.

A focused national health initiative is necessary because unhealthy lifestyles have become a normal part of everyday life. Participation in high school physical education classes has dropped from 42 percent in 1991 to 33 percent in 2005. National data show an increase in unhealthy eating habits for adults and no change in physical activity. Changes in nutrition are equally critical because 60 percent of young people consume too much fat, a factor doubling the percentage of overweight youth.

I urge my colleagues to join me in support of this important legislation to mobilize the country now, before entirely preventable health conditions, that often begin in children, overwhelm the Nation's health care system.

#### RECOGNIZING CAMBODIAN NEW YEAR

### HON. LAURA RICHARDSON

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2012*

Ms. RICHARDSON. Mr. Speaker, I rise today to ask the House to join me in acknowledging the New Year, the year of the dragon.

The Cambodian New Year is one of the major celebrations in the Cambodian culture. This time of year also represents the end of the harvest season and allows farmers to enjoy the fruits of their harvest. The celebration lasts for three days which during this time they spend time visiting family and friends. Each day has a name and activities that honor the elder's for their sacrifice for the younger generation.

I am proud that more Cambodians reside in Long Beach, which is located in my Congressional District, than anywhere outside of the nation of Cambodia. This past Saturday, April 21, 2012, nearly 20,000 people celebrated the Cambodian New Year in El Dorado Regional Park in the city of Long Beach. Long Beach certainly was the place to celebrate Cambodian New Year! I consider the opportunity to celebrate the Cambodian New Year every year as one of the great privileges associated with being a Member of Congress from the 37th Congressional District.

I congratulate the Cambodian-Coordinating Council (CCC) for organizing this especially unique and uplifting event, which is one of the highlights of the spring season every year in the 37th Congressional District. This is especially gratifying to me since as a Long Beach City Councilperson I worked closely with the members of the Cambodian community to ensure the festival continues to be held in Long Beach and know firsthand how the CCC has assisted the Cambodian-American population

to be self-sufficient, productive members of society and to bridge the gaps that exist between cultures, languages, and generations.

I thank the many community organizations and volunteers for their efforts to ensure the success of the Cambodian New Year Festival. Most importantly, I thank the CCC for providing this opportunity to experience and appreciate the people and culture of Cambodia. I Congratulate the CCC on another successful Cambodian New Year Festival and I look forward to next year's festivities.

Happy Cambodian New Year!

#### U.S. CITIZEN OF DISTINCTION

### HON. HENRY C. "HANK" JOHNSON, JR.

OF GEORGIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2012*

Mr. JOHNSON of Georgia. Mr. Speaker, Whereas, our lives have been touched by the life of this one woman . . . who has given of herself to her community and family; and

Whereas, Mrs. Eileen Samuel's spirit is present in Birmingham, Alabama for all to see, being a nurse, neighbor and friend; and

Whereas, this giant of a woman was born in Birmingham, Alabama to Mr. Dewey and Mrs. Dellie Barnes on February 6, 1943, she has been on the move ever since as a woman of God; and

Whereas, this remarkable woman gave of herself, her time, her talent and her life; she never asked for fame or fortune just fairness for the people, she was our quiet storm, a spark that starts a flame; and

Whereas, Mrs. Eileen Samuel led by doing behind the scenes, she encouraged all those around her who wanted to make a difference, be it her children, her elected officials, her neighbors and her church members at Oak Street Baptist Church; she was a virtuous woman, a woman of great integrity who remained true to the uplifting of her community which in turn uplifted my community in Georgia through her daughter DeKalb County Commissioner Sharon Barnes Sutton; and

Whereas, the U.S. Representative of the Fourth District of Georgia has set aside this day to bestow a Congressional Recognition on Mrs. Eileen Samuel for her leadership, friendship and service to all of the citizens throughout the Nation; a citizen of great worth and so noted distinction;

Now therefore, I, HENRY C. "HANK" JOHNSON, Jr., do hereby attest to the 112th Congress that Mrs. Eileen Samuel of Birmingham, Alabama is deemed worthy and deserving of this "Congressional Recognition"—Mrs. Eileen Samuel, U.S. Citizen of Distinction in the 4th Congressional District of Georgia.

Proclaimed, this 10th day of March, 2012.

#### RECOGNITION OF DAVID HINDERLITER FOR HIS SERVICE AS PRESIDENT AND CEO OF THE KANKAKEE REGIONAL CHAMBER OF COMMERCE

### HON. ADAM KINZINGER

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2012*

Mr. KINZINGER of Illinois. Mr. Speaker, it is my honor to rise today to recognize David